

# Lavender After-Sun Mist

Lavender essential oil is often included in therapeutic skin care applications because of its highly regarded soothing, healing and toning effects. Try this great aromatherapy recipe from Aura Cacia® to help calm your skin after exposure to the sun.



## Lavender Soothe & Cool Skin Mist

4 ounces purified water or chilled peppermint tea  
1 tablespoon aloe juice or extract  
21 drops lavender essential oil  
6 drops peppermint essential oil

Mix ingredients in a spray-mister bottle. Shake and lightly mist skin after exposure to sun. Always shake well before use. Avoid eyes and sensitive areas. Chill bottle & contents before application for added relief.



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